

COMMUNITY INTEGRATION TRAINING PROGRAMS RESOURCE GUIDE

What Are They?

Community integration training programs support adults with intellectual and developmental disabilities (IDD) by providing opportunities to participate in community life, strengthen daily living skills, and work toward personal goals. Through community-based activities, social interaction, and vocational training, these person-centered programs promote independence and belonging while offering alternatives to segregated settings. Examples include organizations like The Arc LA OC, Easterseals Northern California, and the Community Integrated Work Program, which offer experiences such as museum visits, hiking, employment readiness training, and independent living skill development.

What Community Integration Training Programs Offer

Person-Centered, Individualized Support:

Programs are designed to meet the unique needs and interests of each individual, allowing them to choose their own activities and goals.

Development of Practical Life Skills:

Training helps participants develop essential skills for independence, including money management, health care, and daily living activities.

Social and Recreational Opportunities:

Programs facilitate social engagement, allowing individuals to connect with peers and the wider community through various outings and events.

Vocational and Employment Support:

Many programs offer employment readiness training and support for finding and maintaining integrated, competitive employment.

Access to Diverse Community Activities:

Participants can engage in diverse activities within their community, such as visiting farmers' markets, museums, and historical sites.

Path to Enhanced Independence and Well-being:

By fostering active community participation, these programs help individuals build confidence, reduce feelings of isolation, and live more fulfilling lives.



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Examples of Organizations and Services

The Arc LA OC:

Offers a Community Integration Program (CIP) that focuses on social, vocational, educational, and physical needs through daily community engagement.

Easterseals Northern California:

The Kaleidoscope Community Adult Program provides services for adults with IDD, including community inclusion, independent living skills, and employment readiness.

Community Integrated Work Program (CIWP):

This program offers integrated work and behavioral day programs, independent living support, and crisis intervention services, emphasizing training in natural community environments.

Regional Centers (e.g., Tri-Counties, Alta California Regional Center):

These government-funded entities coordinate services, including community integration training, for adults with developmental disabilities, often leveraging federal waivers and local resources.

How to Access These Programs

Contact Your Regional Center:

In California, individuals with developmental disabilities can contact their local regional center, such as Tri Counties Regional Center or Alta California Regional Center, to discuss eligibility and access services like community integration training.

Inquire with Local Service Providers:

Organizations like The Arc and Easterseals provide direct services and can be contacted for program information and enrollment.

Explore the California Department of Developmental Services (DDS):

The DDS website provides information on various services and resources available for individuals with developmental disabilities in California.

